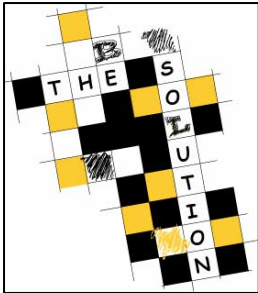


# FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR  
PAULA PARKER-SAWYERS, EXECUTIVE DIRECTOR

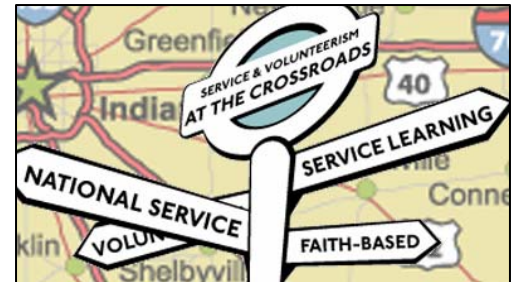


## *If you missed the 2006 Governor's Conference,*

Prior to last year's Governor's Conference, we organized a pre-conference service activity to build a Habitat for Humanity house for a local family. Over 200 volunteers participated, many of whom took off work to do so. The house build was a huge success and a meaningful service experience for all involved.

## *Don't miss at the 2007 Conference.*

This year, attendees will have the opportunity to participate in two service projects while they're at the conference. Attendees may choose to assemble a mini disaster preparedness kit, with materials donated by the American Red Cross and by local businesses. Once the kit is finished, they get to take it home with them!



Young people attending the conference may choose to participate in the "Youth at Work" service project. Participants will sort out donations and assemble hygiene kits for an international aid trip to El Salvador, sponsored by Ambassadors for Children. These kits will be distributed to needy children in this country. Participants will also have the opportunity to learn about the needs of children in El Salvador and how their service will impact their lives. All attendees of the Governor's Conference are encouraged to bring in hygiene items to donate to make this project a success! Needed items include 1-gallon Ziploc bags, toothbrushes, toothpaste, bar soap, washcloths, hair combs, band-aids and shampoo.

For more information on the 2007 Governor's Conference, visit [www.in.gov/ofbci](http://www.in.gov/ofbci) or call (317) 233-4273.



Don't forget to nominate deserving volunteers for the 2007 Governor's Award for Volunteer Service! The whole nomination process only takes 20-30 minutes and can be completed online by going to: <http://www.in.gov/ofbci/govaward.html>. Remember, the deadline for nominations is **February 6<sup>th</sup>**, so nominate a deserving volunteer today!

# Resources

## I-File – Fast, Friendly and Free way to file Indiana individual income taxes

The Department of Revenue would like to encourage all Hoosiers to consider using I-File –

Indiana's fast, friendly and free online tax filing program to file their 2007 Indiana individual income taxes. Last year many taxpayers found it to be an excellent means of filing their state taxes.

In a survey conducted with past I-File users, the Department of Revenue found that 96 percent of past users would recommend I-File to others.

I-File will be available Feb. 1 and offers many user-friendly features including:

- \* **Question-and-answer** format that chooses the correct tax form and walks through each step of completing your return.
- \* **Pre-filled information** (i.e. name, address, employer, etc.) to save you time when filing.
- \* **Resume function** allows you to save your work so you can finish at another time.
- \* **Reprint function** allows you to print your completed tax return at a later date.
- \* **Interactive form** to review your return as you progress through your filing.
- \* **Help links** reference information booklet instructions and worksheets.

I-File has no income restriction and accepts part-year resident and nonresident filing. To take advantage of this free service and to learn more, visit [www.in.gov/dor/ifile](http://www.in.gov/dor/ifile)



**The U.S. Department of Agriculture has developed several free and easy-to-use tool kits that help community organizations reach out to residents who are eligible for food stamps. For more information, visit <http://www.fns.usda.gov/fsp/outreach>**



**Kids Count in Indiana**, a project of the Indiana Youth Institute, is a statewide effort to track the status of children in all 92 Indiana counties. By providing practitioners, policy makers, and citizens with trends in child well-being, Kids Count in Indiana seeks to enrich community, county, and state discussions about ways to secure better futures for all children. You will find 50 indicators for each county, and this data can be used for fund raising, program planning and public policy campaigns. This book is available for \$25, including postage and handling, by calling 1-800-343-7060 or at <https://www.iyi.org/iycart/viewcat.asp?catid=7>

### “Ask the White House”

On January 19, 2007, Jay Hein, Deputy Assistant to the President and Director of the Office of Faith-Based and Community Initiatives, participated in an online interactive forum called “Ask the White House”. As you may know, Mr. Hein was appointed to the White House in August, 2006, and is the founding president of the Sagamore Institute for Policy Research, an international public policy research firm headquartered in Indianapolis. To read more about Mr. Hein or to view this “Ask the White House” segment, go to <http://www.whitehouse.gov/ask/20070119.html>



### A College Fair in Gary, Indiana

The Urban League of Northwest Indiana and Infinite Scholars Program College Fair is **Saturday, February 10, 2007 from 9 AM to 2 PM** at the Genesis Convention Center, 1 Genesis Center Plaza, Gary.

Don't miss this opportunity to possibly go to college with a full or partial scholarship. Some schools will be accepting students and awarding scholarships on site. Students need to bring their transcripts, A.C.T./S.A.T. scores, two letters of recommendation and a videotape of your extracurricular activities.

For more information or to pre-register visit [www.infinitescholar.com](http://www.infinitescholar.com).

## Don't Forget...Free National Woman's Heart Day Health Fair

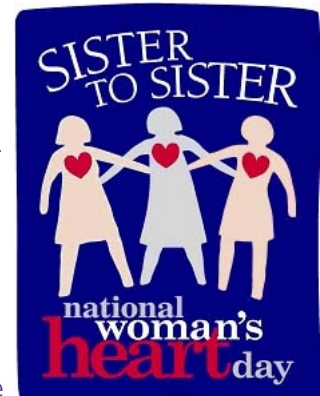
You are invited to attend the inaugural Indianapolis Sister to Sister National Woman's Heart Day Health Fair presented by The Indiana Heart Hospital on **February 16, 2007**. The event will take place at Union Station Grand Hall from **7:30 a.m.- 2:30 p.m.**

National Woman's Heart Day Health Fair is a **free** event where women can receive heart-health screenings, advice on reducing their personal risk for heart disease, and guidance on adopting heart-healthy lifestyles. The free heart-health checks only take 15 minutes and provide women with in-depth information about their personal risk factors for heart disease. The screening results are given on-site and include medical counseling. This high-energy health fair will also feature healthy cooking and fitness demonstrations, as well as educational presentations on a variety of topics including nutrition, exercise, heart health, smoking cessation, and many more. It will also feature engaging exhibits and exciting give-a-ways. The best part is- the event is totally FREE!

Heart screenings save lives. Since 2001, Sister to Sister has screened 29,000 women. Heart disease is the leading killer of American women, yet many women are not aware that they could be at risk.

Providing heart-health checks and providing information about their individual risk factors and how to reduce them is imperative to preventing and treating heart disease. Many conditions that put women at risk for heart disease, such as high cholesterol, high blood pressure and diabetes, are hard to detect without professional screening. Up to 82% of heart disease is preventable through lifestyle changes, such as quitting smoking, increasing exercise and eating a healthier diet.

To pre-register or for more information, please call 317-585-5858 ext. 144 or visit [www.womansheartday.org/Indianapolis](http://www.womansheartday.org/Indianapolis).



This Valentine's Day, you might be tempted to give your child traditional gifts such as chocolate and candy. However, as the number of overweight and obese children continues to rise, show how much you care about your kids' health by replacing sweets with one of these healthier gift ideas:

- **Put a little love in your heart.** Pack a Valentine's sandwich (cut out with a heart-shaped cookie cutter) for lunch or bake a heart-shaped veggie pizza for dinner.
- **Go red.** Make a colorful strawberry salad together. If you don't like strawberries, try another red fruit such as red grapes, raspberries or pomegranates.
- **Give them something to do, not something to chew.** Set aside the candy and choose fitness "toys" as gifts – jump ropes, basketballs or tennis shoes make great presents.
- **Exercise.** Instead of going out to dinner, take a walk outside, visit your local roller-skating rink, or challenge the kids to a basketball game.

Want a night out with your spouse or significant other? Healthy Valentine's Day ideas aren't just for the kids. Here are a few ideas that trump dinner and a movie:

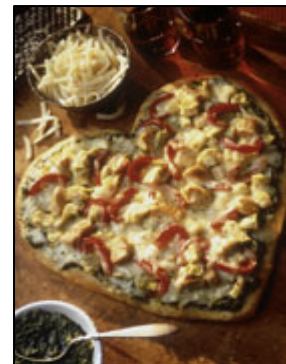
- **Go on a walking adventure together.** Stroll through the Indianapolis Museum of Art, lace up the ice skates at the Indiana State Fairgrounds, or go for a winter's hike on the Monon Trail or the Canal Walk.
- **Give a little love to your community.** Volunteer to build a house for Habitat for Humanity or donate blood. If you want to volunteer closer to home, offer to walk the neighbor's dogs together.
- **Exercise.** Take a yoga or dancing class together to get your blood pumping.

Another way to celebrate Valentine's Day is to cook a heart-healthy recipe together. Here is one just in time for February's National Heart Month.

### **Heart-Shaped Pizza**

#### Ingredients

1 package of ready-made  
pizza dough  
1/2 cup tomato sauce  
cheese  
Peppers, mushrooms, olives, onions,  
artichokes, tomatoes, spinach, basil



#### **Cooking Instructions:**

1. Unroll the dough on a cookie sheet. With a knife cut a heart shape. With the excess dough create a rim around the edge of the heart-shaped dough.
2. Spread the tomato paste over the pizza base and sprinkle with cheese.
3. Now start adding the toppings of your choice.
4. Bake the pizza according to the instructions on the package. Cook for about 20-25 minutes.

For more information on activities and recipes visit [www.INShape.IN.gov](http://www.INShape.IN.gov) and [www.fitcity.info](http://www.fitcity.info)